

UU Wellspring Love in the Center: UU Values and Covenants

Calendar and Book List

Arc of the Year	Sessions	Date
Grounding in Love	Session 1: Centering in Love <ul style="list-style-type: none"> • <i>Exploring Love through CARES.</i> 	
	Session 2: Creating Bonds <ul style="list-style-type: none"> • <i>Creating our covenant.</i> 	
	Session 3: Valuing Love: Love is Powerful <ul style="list-style-type: none"> • <i>Love is the power that holds us together and is at the center of our shared values.</i> 	
	Session 4: Covenanting with Love: Living Shared Values <ul style="list-style-type: none"> • <i>We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.</i> 	
Centering in Community	Session 5: Valuing Interdependence and Pluralism: Reverence for All <ul style="list-style-type: none"> • <i>We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it.</i> • <i>We celebrate that we are all sacred beings, diverse in culture, experience, and theology.</i> 	
	Session 6: Covenanting with Interdependence and Pluralism: Embracing the Other <ul style="list-style-type: none"> • <i>We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.</i> • <i>We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.</i> 	
Acting in Faith	Session 7: Valuing Justice and Generosity: Widening Beloved Circles <ul style="list-style-type: none"> • <i>We work to be diverse multicultural Beloved Communities where all thrive.</i> • <i>We cultivate a spirit of gratitude and hope.</i> 	
	Session 8: Covenanting with Justice and Generosity: Sharing Resources <ul style="list-style-type: none"> • <i>We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.</i> • <i>We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.</i> 	
Nurturing Faith	Session 9: Valuing Equity and Transformation: Tending Radical Change <ul style="list-style-type: none"> • <i>We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.</i> • <i>We adapt to the changing world.</i> 	
	Session 10: Covenanting with Equity and Transformation: Rooting in Love <ul style="list-style-type: none"> • <i>We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.</i> • <i>We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.</i> 	
Transformation	Session 11: Returning to Love: Celebration and Reflection	

Updated June 24, 2024 with General Assembly 2024 Updates.

Required Books for Love at the Center: UU Values and Covenants

Note: Optional Resources will be noted in the program.

- *Beyond Welcome: Building Communities of Love*, edited by Linnea Nelson. Skinner House Books (2022)
 - *Faithful Practices: Everyday Ways to Feed Your Spirit* edited by Rev. Erik Wikstrom. Skinner House Books (2018)
 - *Love at the Center: Unitarian Universalist Theologies* edited by Rev. Dr. Sofia Betancourt. Skinner House Books (2024)
 - *Sacred Nature: Restoring Our Ancient Bond with the Natural World* by Karen Armstrong. Knopf (2022)
- All of the books are currently available from the UUA Inspirit Bookstore, online retailers and as ebooks. Z *Sacred Nature* is often available in libraries.